

# Eating Right is Basic

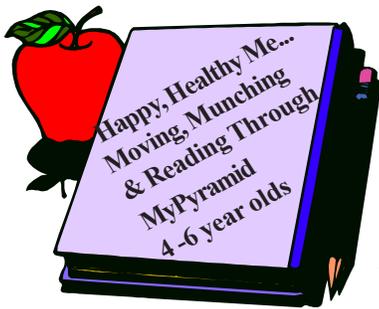


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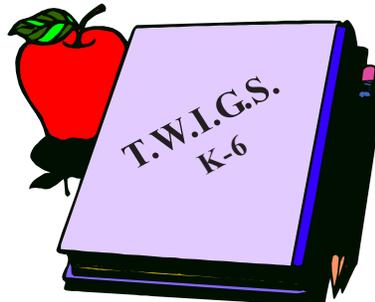
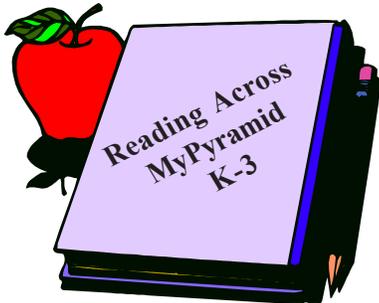
## Nutrition Education in the Classroom

We offer a variety of curricula correlated to California State Content Standards, 1.5 to 2 hour teacher training workshops, accompanying sets of storybooks, plus additional resources at no cost to schools with 50% or more children receiving free or reduced price school lunch in San Francisco and San Mateo Counties.



Young children are introduced to a variety of nutrition and food concepts through a wonderful collection of children's storybooks. Hands-on, interactive nutrition and physical activities support the story and nutrition themes. Lessons focus on MyPyramid food groups, healthy snacks, exercise, and handwashing.

English/Spanish nutrition education materials help integrate nutrition and physical activity messages across the curriculum. The School Idea & Resource Kits are 4th and 5th grade specific, and include a leader's guide and individual student workbooks. The Community Youth Organization Idea & Resource Kit targets 5 to 11 year olds, including 20 activities and physically active games.



Children learn about food and nutrition through delightful children's storybooks with food-related themes, while improving their literacy skills.

Children learn about healthy food choices through the development and harvesting of a vegetable garden.

**For more information about our nutrition education programs for youth, please contact:**

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### Inside this Issue:



**Nutrition Education  
in the Classroom**  
**UCCE Update**  
**Insert--Reproducible Ideas**  
**Less TV, More Activity!**  
**FYI... Youth FSNEP**

*"The highest reward for  
a person's work is not  
what they get for it, but  
what they become by it"*  
--John Ruskin



## Meet our Winning TEAM!



◆ **DANA Andrews**

Nutrition Education Program  
Representative

*Friendly, dependable, very helpful*

*Favorite foods:* rosemary chicken, all kinds of fruits and salad

*Favorite physical activities:* dancing, walking

*Length of service:* 8 years

◆ **DINA Castellon**

Nutrition Education Program  
Representative

*Creative, problem solver, spontaneous*

*Favorite foods:* fresh coconut, pineapple, mango, jicama, beans & lentils, salads

*Favorite physical activities:* walk on the beach, soccer, dance

*Length of service:* NEW this year!

◆ **JOANNE Chin**

Administrative Assistant

*Nice, responsible, honest*

*Favorite foods:* vegetables, peaches, chicken

*Favorite physical activities:* walking, hula hoop, badminton, sit ups

*Length of service:* NEW this year!

◆ **JENNY Lam**

Nutrition Education Program  
Representative

*Responsible, hard-working, cheerful*

*Favorite foods:* mangoes, white peaches, bananas

*Favorite physical activities:* walking, running, aerobics

*Length of service:* 12 years

◆ **JAN McCulloch**

Nutrition Education Program  
Representative

*Curious, energetic, optimistic*

*Favorite foods:* salmon, chocolate, any type of greens

*Favorite physical activities:* hiking, gardening, playing with grandson Diego

*Length of service:* 2.5 years

◆ **FRANCES Wong**

Urban Youth Program  
Representative

*Creative, adventurous, lighthearted*

*Favorite foods:* sushi, fruit smoothies, crepes, omlettes, jambalaya, pastas, mint chocolate chip ice cream!

*Favorite physical activities:* running, hiking, biking, kayaking, archery, horse-back riding, rock climbing

*Length of service:* NEW this year!

◆ **MAY Woo, R.D.**

Program Representative

*Fun-loving, personable, sensible*

*Favorite foods:* soup, salad, sushi, tamales, fruit

*Favorite physical activities:* jogging, biking, golfing, tennis, hiking

*Length of service:* NEW this year!

◆ **LISA Yamashiro, R.D.**

Program Representative

*Creative, energetic, busy*

*Favorite foods:* sushi, summer fruits, chocolate

*Favorite physical activity:* racquetball

*Length of service:* 6.5 years

# Less TV, More Activity!

## Facts & Figures

*Television cuts into family time, harms our children's ability to read and succeed in school, and contributes to unhealthy lifestyles and obesity.*



**TV-Turnoff Week is  
April 23-29, 2007**

[www.tvturnoff.org](http://www.tvturnoff.org)

- On average, children in the US will spend more time in front of the television (1023 hours) than in school this year (900 hours).
- The average American youth spends more time watching TV than any other activity except for sleeping.
- Almost any other activity uses more energy than watching TV. There is no waking activity that people do that burns fewer calories than watching TV.
- Doctors recommend that youth spend no more than 2 hours a day in front of the TV, computer or video games. And less is even better!
- Studies have shown that when youth watch less TV, they are able to keep weight off.
- The typical youth sees 40,000 advertisements per year on TV alone.
- Most TV advertisements for youth try to sell junk food like fast food, sugared cereal, candy, and chips.
- Studies show the more TV youth watch, the more likely they are to snack between meals and eat foods advertised on TV.
- Many doctors believe that television, video, and computer use may contribute to obesity in children and youth.

### **WHAT is TV-Turnoff Week?**

TV-Turnoff Week is an exciting opportunity for children and adults to experience life without television. For seven days, people across the country and around the world turn off their televisions to find that life can be more rewarding and fulfilling when we do more and watch less.

### **HOW does TV-Turnoff Week work?**

TV-Turnoff Week depends on the hard work of local organizers. Children and adults, people from every background and all walks of life take part through schools, churches or community groups, as families or individuals. With TV-Turnoff Network Organizers' kits, they energize their communities by distributing pledge cards, suggesting screen-free activities, arranging fun events, and by generally spreading the word that going seven days without TV can be a rich, exciting, and fun experience. Participants pledge to re-engage in real life, and, with their newfound time, they read, talk, play games, hike, think, or do any number of other activities.

## Top 10 Screen Free Activities

1. Take a nature hike. Learn about native trees, flowers, and animals in your area.
2. Read a good book or magazine.
3. Practice a sport or physical activity (ie. soccer, softball, volleyball, basketball, jump rope, hula hoop, or bike).
4. Cook a meal with family or friends.
5. Write cards or letters to friends and family you don't see often.
6. Create an art project (ie. Draw your family tree, paint a mural, or build a model car/plane).
7. Sing and dance to your favorite music.
8. Start a garden.
9. Write a story or start a journal/diary.
10. Attend free local concerts, plays, or sports events.

## TV-Turnoff Tips



- Keep the TV off during meals.
- Exercise as a family by taking walks, riding bikes, or learning a sport.
- Move your television to a less prominent location.
- Designate certain days of the week as TV-free days.
- Do not use television as a reward.
- Remove the TV set from your child's bedroom.
- Hide the remote.
- Don't worry if children say they are bored. Boredom passes and often leads to creativity.

## Turn off the TV... Tune into Family Fun

More creative ideas, including "Seven Nights of Family Fun Activity Booklet" is downloadable from UCCE Placer-Nevada Counties' website at <http://ceplacer.ucdavis.edu/>. See insert for sample pages.

# FYI . . . Youth FSNEP

The **Youth Food Stamp Nutrition Education Program** is a federally funded program to provide nutrition education to youth who are from families that receive or have applied for food stamps. It is implemented through a joint agreement among the United States Department of Agriculture, the California Department of Social Services, and the University of California Cooperative Extension. We work cooperatively with schools, targeting those with at least 50% of students receiving free or reduced price school lunches, and with child care providers and other organizations serving low-income children in San Francisco/San Mateo Counties.

We simply ask that teachers/extenders provide at least 15 hours of nutrition education in the classroom yearly. By partnering with us, you will reap valuable benefits such as professional development training, nutrition curricula at no cost, newsletter subscription, complimentary nutrition/cooking lessons for kids, Family Nutrition Night events, and additional resources!

**May Woo, R.D.** provides free on-site training to teachers, providers, and youth leaders to conduct educational activities using any of our curricula. Let us know if you would like your school or agency to benefit from our nutrition education services.



The federally funded **Expanded Food and Nutrition Education Program (EFNEP)** helps limited resource families with young children lead healthier lives by teaching them to eat well, stretch their food dollars, and handle food safely. Our Nutrition Education Program Representatives, **Dana Andrews, Dina Castellon, Jenny Lam, and Jan McCulloch** are available to provide nutrition workshops for parents in English, Chinese, Spanish, and Vietnamese. We can also send out complimentary nutrition information packets to eligible families through our home-study program. Please contact us to arrange a series of free classes or workshops, or for more information.



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U.S. Department of Agriculture, University of California, and San Mateo & San Francisco Counties Cooperating

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